Milk

Cheese

Breastfed Infants

Store Brand

· Gallon, Half Gallon & Quart

- Fresh (not flavored)
- Whole, Reduced Fat (2%), Low Fat (1%), Skim



If listed on voucher

- Cultured Buttermilk
- Lactose Reduced (Example: Lactaid)
- Dry/Evaporated

Bread

Store Brand

- 1 pound loaf
- 100 % Whole Wheat only



Dried Beans

Store Brand

- 1 pound package
- Any mature variety
- NO beans mixed with spices or meat

BEANS LENIES

Peanut Butter

Store Brand

- · Creamy or Crunchy, 18 oz. jar
- NO jelly or marshmallow

Eggs

Store Brand

- 1 dozen
- · Large, White Only

Store Brand

- Pasteurized Process American Cheese, Cheddar & Mozzarella
- 1 lb. or 16 oz. package
- NO Cheese food, product, or spread
- NO Velveeta, Cheese Wiz, Kraft Singles
- NO Imported cheese
- NO Low Sodium, low fat cheese products
- NO Grated, shredded, or sticks
- · NO Deli-sliced cheese
- NO Variety pack (ie., American/Swiss)
- NO 8 ounce packages

Cash Voucher

(for fresh fruits and vegetables)**



- All Fresh Fruits
- All Fresh Vegetables
- Yams & Sweet Potatoes
- · Pre-cut or packaged fruits & vegetables
- · Salad/Coleslaw/Greens in a bag
- · NO salad bars
- · NO pre-cut or packaged fruit & vegetables with dips
- · NO bagged salads with dressings
- NO frozen fruit or vegetables
- · NO canned fruit or vegetables
- NO white potatoes (i.e., Idaho, Russet, Golden, Red, etc.)

Not to go over dollar amount printed on voucher.

** No Money to be collected and no change to be given.





Gerber Brand 2nd Foods Infant Meat

Exclusively Breastfed Infants (6 months age)

- NO graduates or sticks.
- NO dinners, organic



Breastfeeding Women

Remember:
Breastfeeding is best for you and your baby.

Tuna



Store Brand

- Chunk Light, Water Packed, 6-6.5 oz. can
- NO Albacore, Select, Fancy, White
- NO Low Sodium, Solid Pack

Salmon



Royal Pink Brand

- Wild Alaska, Pink Salmon, water packed, 7.5 oz can
- NO skinless or boneless
- NO low sodium, solid packed
- NO diet or ready-to-serve

Questions?

Ask your WIC staff or call the State WIC Office at 1-800-222-2189

DELAWARE HEALTH AND SOCIAL SERVICES

DIVISION OF PUBLIC HEALTH

SPECIAL SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS AND CHILDREN (WIC) 1-800-222-2189

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Doc. #35-05020/07/10/14

WIC



AUTHORIZED FOODS LIST

January 2009

Delaware Special
Supplementary
Nutrition Program
for Women, Infants
& Children

Child & Adult Brands Listed Only



General Mills Cheerios



General Mills Multi-Grain Cheerios



General Mills Kix



General Mills Corn Chex



General Mills Rice Chex



General Mills Wheat Chex



Lucky Leaf

Apple

Seneca **Apple** (red label)



64 oz. bottled, unsweetened, single

strength

Apple

Musselman's White House **Apple**

Infant Formula Contract Brand



Similac Advance

13 oz. can, concentrate & 12.9 oz. powder

Isomil Advance

13 oz. can, concentrate & 12.9 oz. powder



Kellogg's **Corn Flakes**



Kellogg's **Crispix**



Kellogg's **Product** 19



General Mills Wheaties



Nabisco Cream of Wheat Whole Grain (blue Box)

packages



Instant **Oatmeal** (regular) NO Individual serving Individual serving

Quaker

packages only



Juicy Juice All Varieties

100% Juice (No Harvest Surprise)



Old Orchard All Varieties

NO calcium fortified juice • juice drinks, juice ades,

juice beverages • sweetened juices

100% Juice 100% Juice

Infant Cereal Gerber Brand



No Cereal mixed with fruit

Infant Vegetable

· NO organic or dinners

• 3.5 ounce containers (2 packs)

Gerber Brand

2nd Foods

· Rice, Barley, High Protein*, Oatmeal*, Mixed Grain Cereal*

*Young infants may be allergic to these.

Ways to buy 24 oz. of cereal







Ways to buy 36 oz. of cereal





12.0 oz. +12.0 oz. 24.0 oz.

24.0 oz.













15.0 oz. +18.0 oz. 33.0 oz.

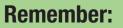


11 oz.



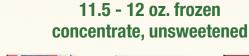






Be sure to purchase all the food items on your WIC voucher.







Choice **Apple**



Pathmark Apple



Welch's

All Varieties

Seneca **Apple** (red label)



Welch's **All Varieties** (must have yellow tear stripe)



All Varieties (must have green tear stripe)

Infant Fruit Gerber Brand 2nd Foods



• 3.5 ounce containers (2 packs)

· NO organic, desserts or medleys